

## ABSTRACT OF THE DISCLOSURE

A lithographic printing plate material is disclosed, comprising a flexible support having thereon a hydrophilic layer and an image forming layer, wherein the flexible support having the hydrophilic layer exhibits a transmission density of 0.5 to 1.2, and the outermost surface of an unexposed area of the image forming layer exhibiting a glossiness of 0.1 to 10. A printing method is also disclosed.